

Federal Studies

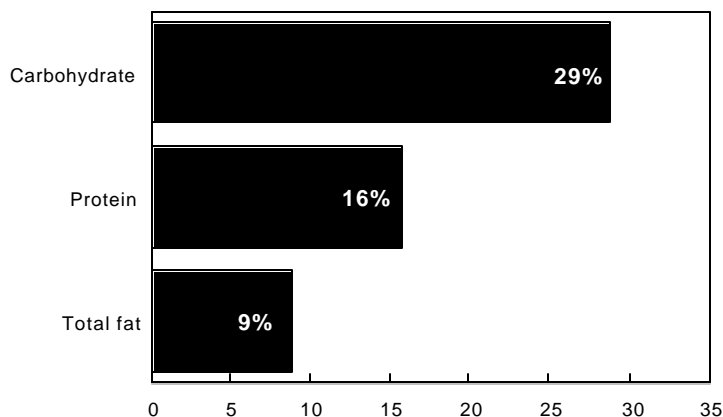
Food Supply Nutrients and Dietary Guidance, 1970-99

Using data on per person consumption and information on nutrient composition, USDA's Center for Nutrition Policy and Promotion calculates the nutrient content of the food supply. Per person consumption for each commodity is multiplied by the amount of food energy and each of 27 nutrients and dietary components in the edible portion of the food. Results for each nutrient from all foods are totaled and converted to amount per person per day. Nutrients added commercially to certain commodities (i.e., through fortification and enrichment) are also included in the nutrient content of the food supply. Food supply data represent the disappearance of food into the marketing system; therefore, per person consumption and nutrient estimates typically overstate the amount of food and nutrients people actually ingest.

Food supply providing more carbohydrates, protein, and fat

In 1999 the food supply provided 500 grams of carbohydrate, 111 grams of protein, and 164 grams of total fat per person per day. This was an increase from 1970, when the food supply provided 389 grams of carbohydrate, 96 grams of protein, and 151 grams of total fat per person per day.

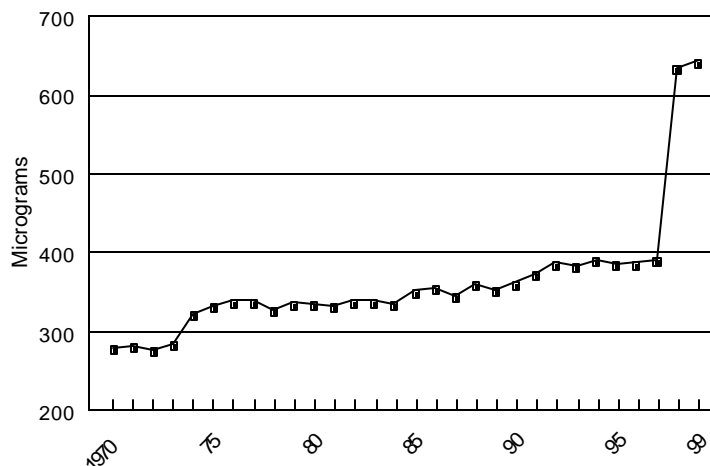
Percentage increase in carbohydrate, protein, and total fat in U.S. food supply (per person per day) from 1970 to 1999



Folate in food supply increased sharply after 1998

Folate reduces the risk of some serious birth defects when consumed before and during pregnancy. Mandated folate fortification of flours and cereals in 1998 increased the folate level in the U.S. food supply. In 1999 the level of folate was 641 micrograms per person per day, an increase of more than 130 percent from the 1970 level of 278 micrograms per person per day.

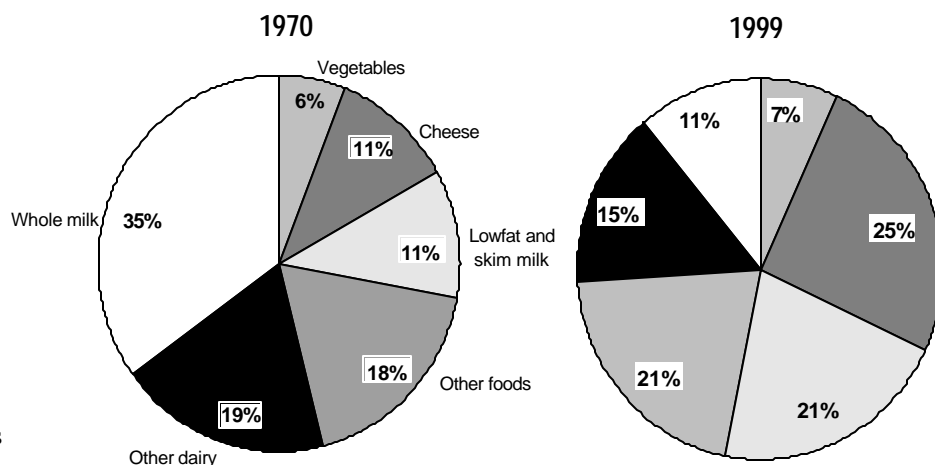
Folate in U.S. food supply (per person per day) over time



More calcium coming from lowfat and skim milk and less from whole milk

Calcium levels have generally increased in the food supply, from 930 milligrams in 1970 to 990 milligrams per person per day in 1999. Lowfat and skim milk provided 11 percent of calcium in the food supply in 1970 and 21 percent in 1999. On the other hand, whole milk provided 35 percent of calcium in the food supply in 1970 and 11 percent in 1999. This shift supports dietary guidance that recommends diets low in saturated fats.

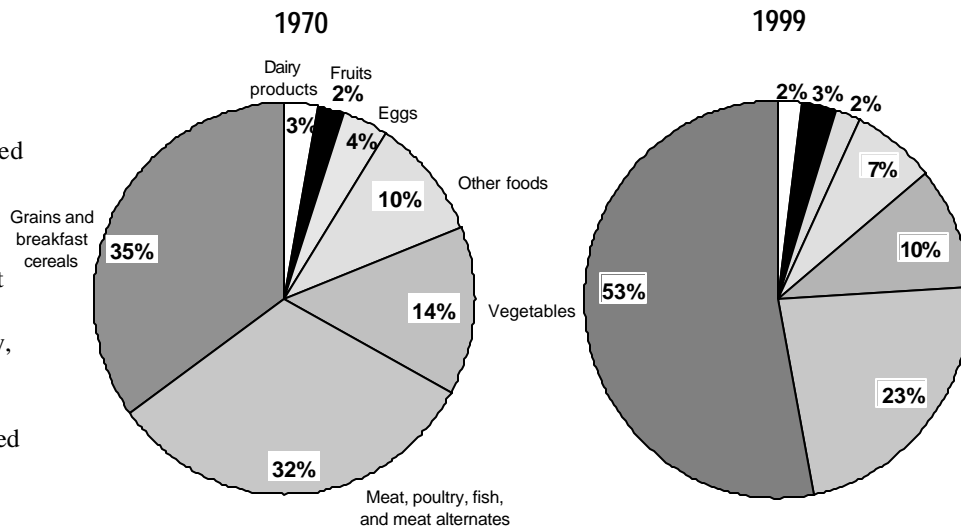
Sources of calcium in the U.S. food supply



More iron coming from grains and breakfast cereals and less from meat, poultry, fish, and meat alternates

Iron levels in the food supply increased from 15.3 milligrams per person per day in 1970 to 23.6 milligrams per person per day in 1999. Grains and breakfast cereals provided 35 percent of iron in the food supply in 1970 and 53 percent in 1999. Meat, poultry, fish, and meat alternates provided 32 percent of iron in the food supply in 1970 and 23 percent in 1999. Enriched grains and fortified ready-to-eat breakfast cereals contributed to the increase in grains and cereals as a source of iron.

Sources of iron in the U.S. food supply



Source: Gerrior, S. & Bente, L. (2001). Food supply nutrients and dietary guidance, 1970-99. FoodReview, 24(3), 39-46.

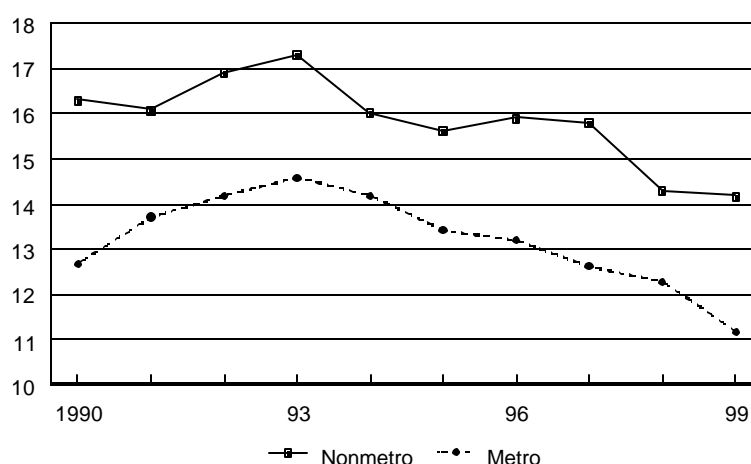
Rural Poverty

About 7.4 million people who live in rural (nonmetro) areas were poor in 1999. Based on data from the U.S. Census Bureau's Current Population Survey (March Supplement), the rate of rural poverty for 1999 was 14.2 percent. Rural poverty rates were not under 15 percent for 2 consecutive years at any other time in the 1980's or 1990's. The rural poverty rate for 1999 was the lowest it has been since 1979; similarly, the national and urban poverty rates in 1999 were also at their lowest levels since 1979. These relatively low levels of poverty coincided with the economic boom in the United States.

Rural and urban poverty rates declined in the 1990's

Poverty rates declined in both rural and urban areas in the 1990's, with rural rates higher than urban rates. From 1998 to 1999, the urban poverty rate declined at a greater pace (from 12.3 to 11.2 percent) than did the rural poverty rate (from 14.3 to 14.2 percent). This widened the gap in rural-urban poverty, from the average 2.6 percentage points of the 1990's to 3 percentage points between 1998 and 1999.

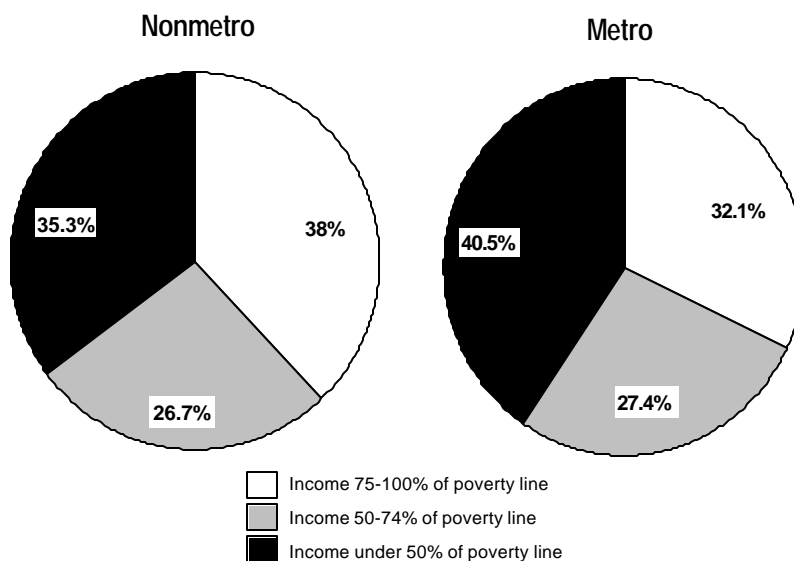
Poverty rates by residence over the 1990's



Lower percentage of the extremely poor live in rural areas

Of the poor in 1999, 35.3 percent of the rural poor were extremely poor versus 40.5 percent of the urban poor. Extreme poverty is defined as having an income less than half the poverty line. Similarly, 38 percent of the rural poor versus 32.1 percent of the urban poor had incomes between 75 and 100 percent of the poverty line. Similarly, 26.7 percent of the rural poor versus 27.4 percent of the urban poor had incomes between 50 and 74 percent of the poverty line.

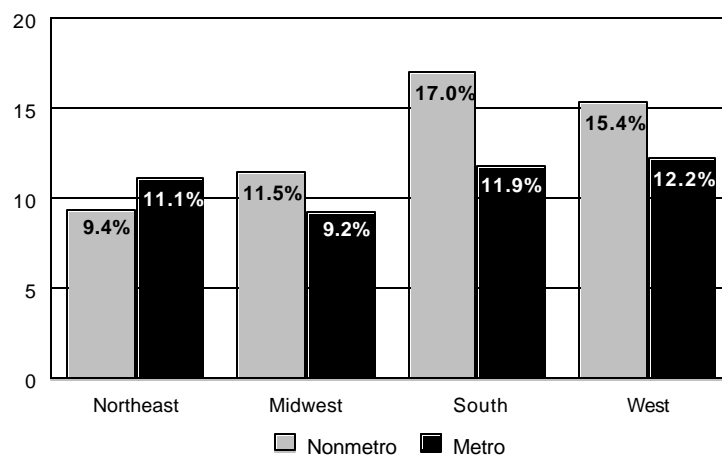
Distribution of the poor by residence, 1999



Rural poverty rates highest in South

Poverty rates differed by U.S. region. In 1999 the South had the highest rate of rural poverty (17 percent) and the Northeast the lowest (9.4 percent). The West had the highest rate of urban poverty (12.2 percent); the Midwest, the lowest (9.2 percent).

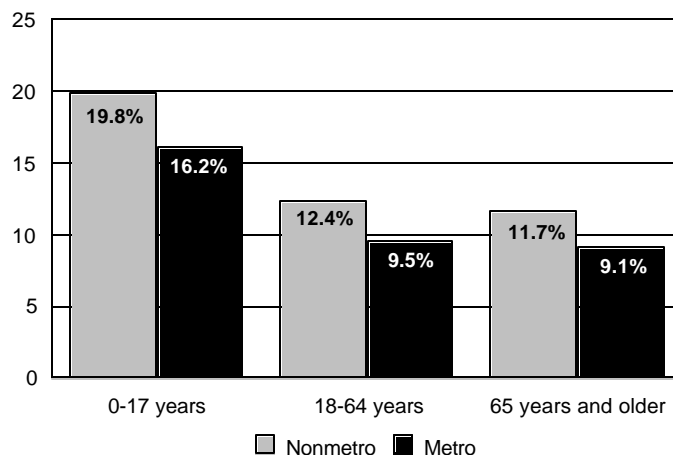
Poverty rates by region and residence, 1999



Rural poverty rates highest for children

The 1999 rural poverty rate for children was 19.8 percent, resulting in 2.7 million children being affected. This poverty rate was 7.4 percentage points greater than the rate for adults and 8.1 percentage points greater than the rate for elderly persons living in rural areas. For all age categories, rural poverty rates were higher than urban rates in 1999.

Poverty rates by age and residence, 1999



Source: Joliffe, D. (2002). Rural poverty rate stayed under 15 percent in 1999. *Rural America*, 16(4), 39-41.

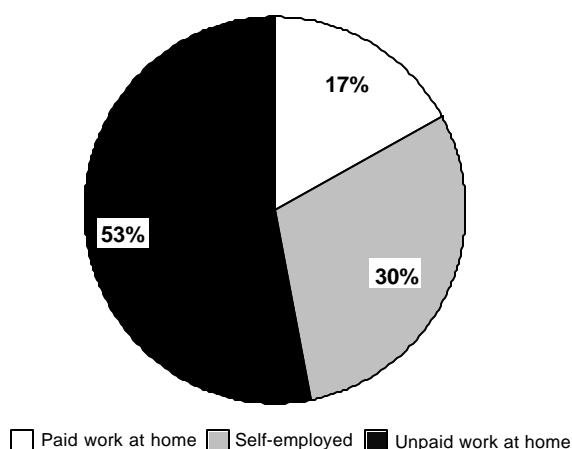
Work at Home in 2001

In May 2001, 19.8 million people age 16 and over—accounting for 15 percent of total employment—usually performed some work at home as part of their primary job. People who usually work at home are defined as those who work at home at least once per week as part of their primary job. These findings are from a special supplement to the May 2001 Current Population Survey, a survey of about 50,000 households conducted by the U.S. Census Bureau for the Bureau of Labor Statistics. Respondents to the supplement answered questions about work schedules, job-related work at home, and related topics.

Half of those who worked at home were not directly compensated

Slightly more than half of those who usually worked at home were wage and salary workers who took work home from the job and worked on an unpaid basis. Another 17 percent had a formal arrangement with their employer to be paid for their at-home work. The remainder who worked at home were self-employed.

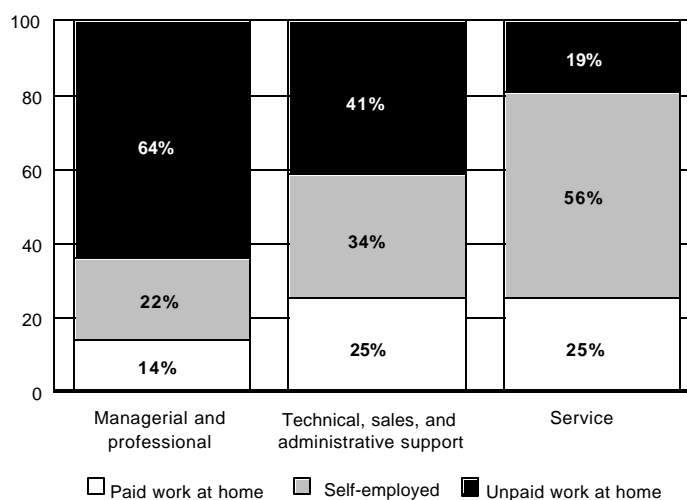
Pay status of people doing job-related work at home, 2001



More managers and professionals worked at home on an unpaid basis

Of people in managerial and professional occupations usually doing job-related work at home, most (64 percent) were unpaid. This contrasted with the 41 percent of people in technical, sales, and administrative support and the 19 percent of people in service occupations usually doing unpaid job-related work at home.

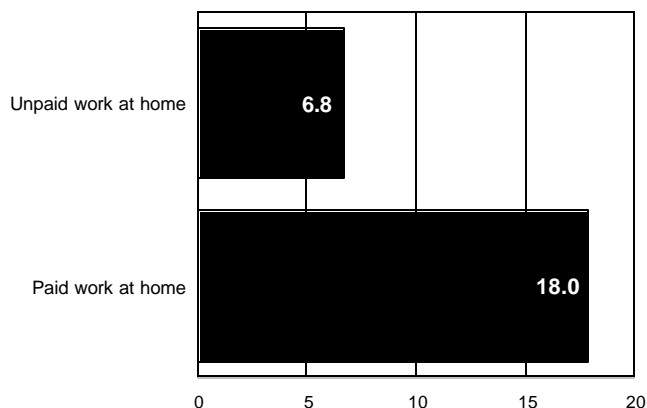
Pay status of people in selected occupations doing job-related work at home, 2001



People who worked at home on a paid basis worked more hours

The average time worked at home for people expressly paid for this work was 18 hours; 1 in 6 of these people put in 35 hours or more at home. The average time worked at home for people without a formal arrangement to be paid for this work was 6.8 hours; 23 percent worked 8 or more hours at home.

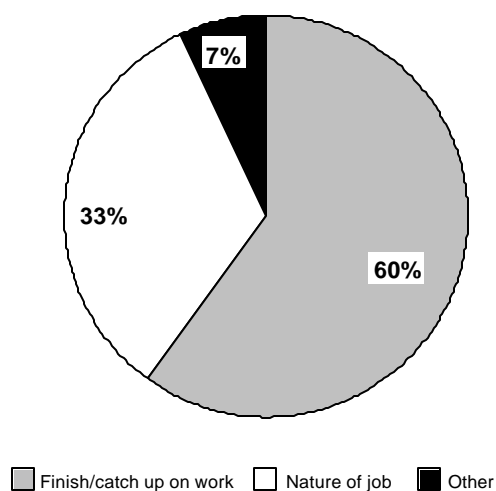
Average hours usually worked at home



Most people doing unpaid work at home were trying to finish or catch up on work

When asked the reason for their working at home without pay, 60 percent of those who usually work at home stated they did so to finish or catch up on work; 33 percent said they did so because of the nature of the job; the remainder gave other reasons (e.g., coordinate work schedule with personal or family needs, reduce commuting time, or reduce expenses).

Reasons for working at home when not paid



Source: Bureau of Labor Statistics. *Work at home in 2001*. Retrieved at: <http://www.bls.gov/cps>, March 27, 2002.

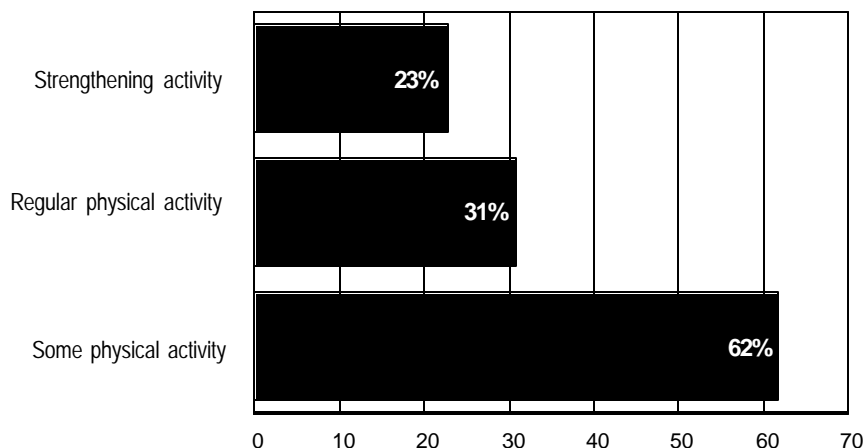
Leisure-Time Physical Activity Among Adults, 1997-98

This report, based on data from the 1997-98 National Health Interview Survey (NHIS), presents selected prevalence estimates for leisure-time physical activity among U.S. adults. Computer-assisted personal interviews were used to collect data from the U.S. civilian noninstitutionalized population. A total of 68,556 interviews was completed by a sample of adults aged 18 years and over, resulting in an overall response rate of 77.2 percent. NHIS questions on leisure-time physical activity, first asked in 1997, consisted of frequency and duration of light-moderate activity, frequency and duration of vigorous activity, and frequency of strengthening activity. Statistics were age-adjusted to the 2000 projected U.S. population. Adults classified as engaging in at least some activity were those who engaged in any light-moderate or vigorous leisure-time physical activity for at least 10 minutes, regardless of frequency.

Six in ten adults engaged in some physical activity

Sixty-two percent of adults engaged in some leisure-time physical activity during the year. Thirty-one percent engaged in regular physical activity (light-moderate activity 5 times or more per week for 30 minutes or more each time or vigorous activity 3 times or more per week for 20 minutes or more each time). Twenty-three percent engaged in strengthening activities (e.g., lifting weights or calisthenics) designed to strengthen muscles.

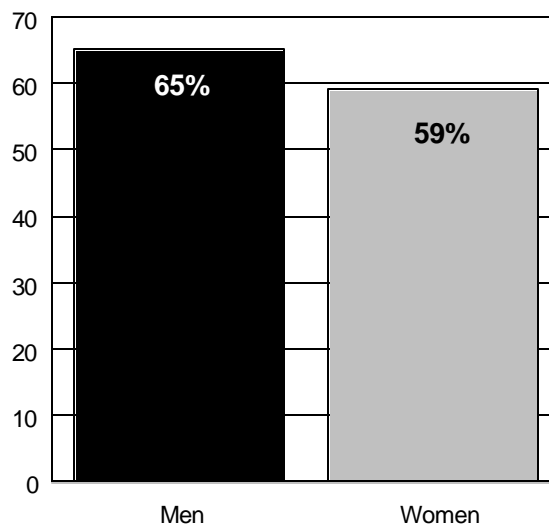
Adults engaged in physical activity



Men more likely to engage in some physical activity

Men were more likely than women to engage in some leisure-time physical activity (65 vs. 59 percent). Men also were slightly more likely than women to engage in light-moderate or vigorous activity or both at least 5 times per week, as well as strengthening activities.

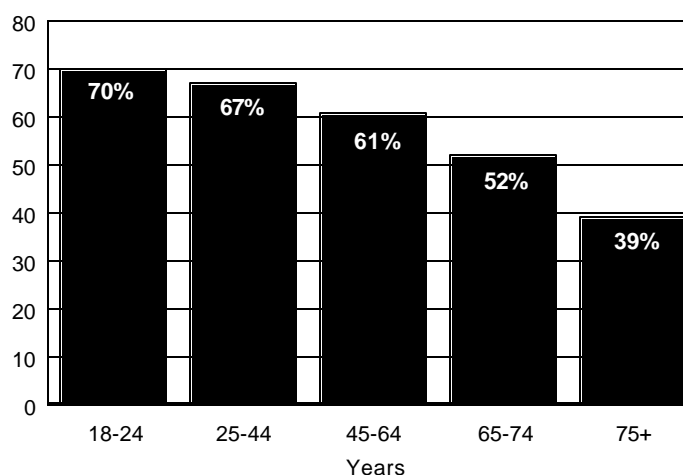
Men and women engaged in some physical activity



Physical activity decreased with age

Adults 18-24 years old were almost twice as likely as adults 75 years and over to engage in some physical activity (70 vs. 39 percent). Adults in the younger age groups also were more likely than those in the older age groups to engage in light-moderate, vigorous, and strengthening physical activity.

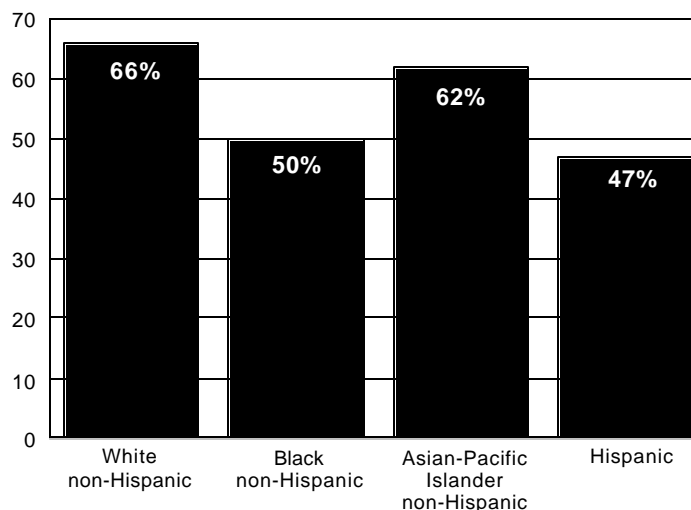
Adults engaged in some physical activity, by age



Whites more likely to engage in physical activity

White non-Hispanic adults (66 percent) and Asian/Pacific Islander non-Hispanic adults (62 percent) were more likely than Black non-Hispanic adults (50 percent) and Hispanic adults (47 percent) to engage in some leisure-time physical activity. Engaging in light-moderate physical activity at least 5 times per week, as well as vigorous physical activity, at least 5 times per week was more prevalent among White non-Hispanic adults than among other race-ethnic groups.

Adults engaged in some physical activity, by race-ethnicity



Source: Schoenborn, C.A. & Barnes, P.M. (2002). *Leisure-time physical activity among adults: United States, 1997-98. Advance Data from Vital and Health Statistics. National Center for Health Statistics, Centers for Disease Control and Prevention, Department of Health and Human Services. No. 325.*